



# Atherton Mountaineers

## Masters Swimming Inc.



### Shoulder Maintenance Routine

This exercise routine has been copied from Blythe Lucero's "Strength Training for Faster Swimming" and is designed to maintain and build shoulder stability for swimmers. It can be done every other day in addition to other strength training activities. Along with a stretch band, a small weight is required. Make sure each exercise is done with correct form as described.

These exercises, done on an ongoing basis, will encourage balanced shoulder stability and strength in the most crucial and vulnerable swimming joints. If one or more of these exercises causes immediate pain, skip it and go on to the others. Give the skipped exercise another try each time this routine is done.

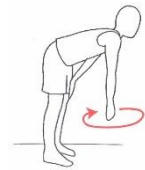
#### Warm-up:

2 minutes of walking or skipping

12 x Hanging Circles (left arm) clockwise and anti-clockwise

12 x Hanging Circles (right arm) clockwise and anti-clockwise

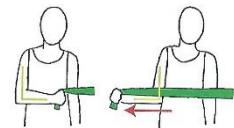
**Hanging Arm Circles** - Stand with your feet wider than your shoulders, bend over at the waist and allow your left arm to hang down, relaxed. Gently swing your arm in continuous circles to the left. Repeat circling to the right. Perform the exercise again with the other arm.



12 X External Sweep (right arm)

12 x External Sweep (left arm)

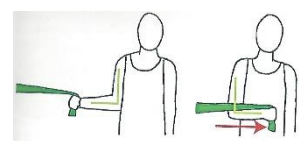
**External Sweep** - With one end of the stretch band anchored at elbow level to the left of the body, hold the other end of the band in the right hand, across the belly button, with the elbow bent to 90 degrees and held firm to the side of the body. Swing the lower arm outward as if it were a door opening. Recover along the same path. Open and close repeatedly. Anchor stretch band to the right of the body and repeat motion with right arm.



12 x Internal Sweep (right arm)

12 x Internal Sweep (left arm)

**Internal Sweep** - With one end of the stretch band anchored at the elbow level to the left of the body, hold the other end of the band in the left hand outside of the body, with the elbow bent to 90 degrees and held firmly to the side of the body. Swing the lower arm inward as if it were a door closing. Recover along the same path. Close and open repeatedly. Anchor the stretch band to the right of the body and repeat motion with the right arm.





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### 1 x minute of Corner Press

**Corner Press** - Facing a corner, with the hands on the wall at shoulder level width, bring the chest into the corner, squeezing the shoulder blades together until the elbows are at 90 degrees, then return to the starting position. Repeat.



These next two exercises are to be done with a very small amount of weight. There is no room for "macho" behaviour here! Use a weight that is between 0.5kg to 2kg only (see page 3).

### 12 X Diagonal Lift (left arm)

### 12 x Diagonal Lift (right arm)

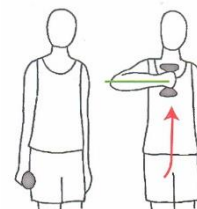
**Diagonal Lift** - Holding a small dumbbell in your left hand, in the thumbs down position, raise your hand approximately 30cm along a path that is just to the front of the body. Recover along the same path. Repeat. Perform the same exercise with the right arm.



### 12 x Raise a Glass (left arm)

### 12 x Raise a Glass (right arm)

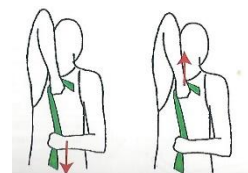
**Raise a Glass** - Hold a small dumbbell in your left hand, and align your hand with your belly button. With your thumb up; raise your hand and elbow simultaneously as if raising a glass to your mouth. Recover along the same path. Repeat. Perform the same exercise with the other arm.



### 12 x Back Scrubbing (left arm high)

### 12 x Back Scrubbing (right arm high)

**Back Scrubber** - With the length of the stretch band folded in half, hold one end of the stretch band in the left hand and raise the hand over your head, palm back, then drop the elbow down so the stretch band dangles down the back. With the right hand, reach down behind the back and grasp the other end of the stretch band. Gently pull the band up with the left hand, then down with the right hand repeatedly, as if scrubbing the back. Repeat with hands in opposite positions. Can be done using a towel but both hands will have to move as the towel will not stretch. Apply light downward pressure with your lower hand.



**Cool down:**



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2 minutes of walking

### STRETCH BANDS

Closely related to the stretch cord is the stretch band. The stretch band is an excellent tool for shoulder maintenance. Also known as a therapy band, this narrow sheet of latex provides much less resistance than the stretch cord, which is not recommended for shoulder stabilization work.

If you don't have access to a stretch band use a rolled-up towel and apply pressure using your other hand pulling through the towel.

### HOME WEIGHTS

If you do not have access to a light dumbbell for these exercises, there are many things around the home that you can use instead.

- A stubby of Great Northern beer weighs 515g when full with cap on (great for doing the raise the glass exercise you may need to adjust the number of reps to get the correct amount of work in if you have taken the cap off).
- A glass of wine weighs 250g when full (again great for raise the glass but you may need to double up on the quantity that you perform to get the correct amount of work).
- Half a dozen toilet rolls weigh 500g (you may need a bank loan to buy this many at once).
- A bag of pasta, rice or flour would be too valuable to use.

Enjoy the workout and stay safe.